




Product Spotlight: Broccoli


The head of the broccoli is made up of tiny flower buds. If you do not harvest a broccoli on time, the head will be full of yellow flowers!



4 Beef Steaks with Roasted Vegetables

Roasted vegetables with thyme, served with grass-fed beef steaks, and feta cheese crumbled over the top.

 25 minutes

 4 servings

 Beef

17 September 2021

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	48g	26g	34g

FROM YOUR BOX

PARSNIPS	3
BROCCOLI	1
BRUSSELS SPROUTS	1 bag (300g)
CHERRY TOMATOES	1 bag (400g)
BEEF STEAKS	600g
PARSLEY	1/2 bunch *
FETA CHEESE	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, vinegar (of choice), dried thyme

KEY UTENSILS

large frypan, oven tray

NOTES

Cut up all of the broccoli (including the stems) for roasting.

No beef option – beef steaks are replaced with skin-on chicken breast. Increase cooking time to 10–12 minutes each side, 20–25 minutes in the oven, or until cooked through.



1. PREPARE VEGETABLES

Set oven to 220°C.

Dice parsnips and cut broccoli (see notes) into florets. Halve Brussels sprouts.



2. ROAST VEGETABLES

Toss prepared vegetables on a lined oven tray along with cherry tomatoes, **oil, 2 tsp thyme, salt and pepper**. Roast for 15–20 minutes until vegetables are tender.



3. COOK THE STEAKS

Heat a frypan over medium-high heat. Coat steaks in **oil, salt and pepper**. Cook steaks for 2–3 minutes each side or until cooked to your liking. Set aside to rest.



4. PREPARE THE DRESSING

Whisk together **1 tbsp vinegar and 1/4 cup olive oil**. Season with **salt and pepper**. Finely chop parsley leaves.



5. DRESS ROAST VEG

Toss roast vegetables and parsley through dressing until well coated.



6. FINISH AND SERVE

Slice steaks. Divide roast vegetables onto plates. Top with slices of steak and crumble over feta.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

